# **BUILDING BETTER HEALTH**

## Did you know...

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#### **BEHAVIORS**

No Physical Activity
Poor Diet
Tobacco Use

4

## **DISEASES**

Cancer
Heart Disease & Stroke
Type 2 Diabetes
Lung Disease

§50

#### **PERCENT**

of deaths in San Diego

## Change your life by...

- Walking for 30 minutes every day
- Eating healthy, at least 5 fruits and veggies daily
- Not smoking!









